



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Plaß, Karsten

Club: Laatzen
Number: 120

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:24

Speed: 10.70 km/h
Running performance: 5:37 min/km

Rank in course/Total: 39 (of 73)

Rank in course/Men: 29 (of 49)

Best time in course: 38:37

Rank in category: 5(of 9)

Best time in the category: 38:37

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	20:33	6:13	5	5:18	25	5:18	3.30	20:33	6:13	5	5:18	5	
Lap 2	1.70	11:01	6:28	6	3:23	29	3:23	5.00	31:34	6:18	5	8:41	5	
Lap 3	2.10	10:03	4:47	5	3:10	33	3:10	7.10	41:37	5:51	5	11:49	4	
Last lap Finish	2.60	12:47	4:54	5	3:58	31	3:58	9.70	54:24	5:36	5	15:47	29	15:47